

Mindfulness is a way of paying attention to the present moment intentionally and without judgment. The OhioHealth Mindfulness program offerings cultivate your innate capacity to manage stressors more effectively, achieving improved balance and peace of mind. You will learn practices to improve resilience, develop insight, focus attention, and encourage self-care. These programs can benefit anyone who wants to more effectively manage real life challenges.

"This has been a life-changing (and probably lifesaving) experience for me. I was apprehensive at the start, but soon came to look forward to the classes, discussions, homework and practices. I am so grateful for it all!"

"I gained a new way to deal with everyday life – a way to stay grounded and tools to help me. I learned so much about how to really take care of myself and have a fresh new way to look at life."

"I feel that I have some control back in my life. Although I don't have control over much of what life presents, I do have control over my responses."

QUESTIONS?

Contact the OhioHealth Mindfulness program at (614) 566.4414 or Mindfulness@OhioHealth.com for more information.

Learn how to:

- + Reduce physical pain, tension and discomfort.
- + Quiet your mind and relieve emotional distress.
- + Enhance your coping skills and improve resilience.
- + Use proven techniques to relax and renew.
- + Identify early signs of stress and ways to intervene immediately.
- + Choose healthy responses to stressful situations.
- + Find peace, ease, pleasure and wisdom.
- + Deepen your experience of joy and appreciation.



OhioHealth Mindfulness Program

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The Mindfulness program will benefit individuals who want support with:

- + Anger
- + Anxiety or panic attacks
- + Attention difficulties
- + Chronic pain
- + Depression
- + Fatigue
- + Headaches
- + Heart disease
- + High blood pressure
- + Low self-esteem
- + Obsessive-compulsive behavior
- + Serious illnesses
- + Skin disorders
- + Sleep disturbances
- + Stress

OhioHealth Mindfulness Courses

Our Mindfulness program offerings promote enhanced well-being and peace of mind. We offer courses, as well as group presentations and individual sessions.

Mindfulness-Based Stress Reduction Program

An eight-week internationally acclaimed, evidence-based program.

What to expect:

- + 27 hours of total class time
 - Two and a half hours each week
 - A seven-hour retreat day is held on the weekend between weeks six and seven
- + Mind-body meditative practices.
- + Discussion and exploration.
- + Small and large group work.
- + Didactic teaching.
- + Inquiry processes.
- + Daily homework assignments (45 minutes per day).

Cost: \$375, OhioHealth associates \$187.50; Includes a text book, workbook and audio practices.

REGISTER
TODAY

Visit [OhioHealth.com/MindfulnessClasses](https://www.ohiohealth.com/MindfulnessClasses) to register for upcoming sessions.

Mindfulness-Based Short Course

A four-week abbreviated version of the evidence-based, eight-week course.

What to expect:

- + Six hours of class time.
 - One and a half hours each week
- + Mind-body meditative practices.
- + Small and large group work.
- + Supportive teachings.
- + Daily homework assignments (30 minutes per day).

Cost: \$95, OhioHealth associates \$47.50; Includes a booklet and audio practices.

OhioHealth Mindfulness Consultation Sessions

OhioHealth offers all associates and dependent family members mindfulness one-on-one sessions for any of their six Employee Assistance Program sessions. These sessions focus on individual needs utilizing the teachings and practice applications of the Mindfulness-Based Stress Reduction program.

Mindfulness Presentations for Groups

In addition to our formal courses, we offer in-person and web-based training sessions to benefit your team, including interactive presentations and workshops.